



Lake Metigoshe State Park, Bottineau, ND
August 11-13, 2006

Sponsored by:



12th Annual Becoming an Outdoors-Woman 2006 Event

**Learn the Basics: Hunting and fishing,
shooting skills, navigation, plants and animals.**

Becoming An Outdoors-Woman is a workshop primarily aimed at women, but is an opportunity for anyone 18 years or older to learn outdoor skills – skills usually associated with hunting and fishing, but useful for many outdoor pursuits.

This workshop is for you if

...you have never tried these activities, but have hoped for an opportunity to learn.

...you are a beginner who hopes to improve your skills.

*...you know how to do some of these activities,
but would like to try your hand at some new
ones.*

*...you are just looking for the camaraderie of
like-minded individuals.*

National Sponsors: Archery Trade Association, Federal Cartridge Co., Browning, Bass Pro Shops, Cabela's, National Rifle Association, Leupold, Rocky Mountain Elk Foundation, Ducks Unlimited, Safari Club International Foundation, National Shooting Sports Foundation, US Fish & Wildlife Service, National Wildlife Federation, UWSP Foundation Inc., University of Wisconsin-Stevens Point, College of Natural Resources, Pheasants Forever

Contributor Sponsors: Lodge Manufacturing, Lawrys, Pope & Young Club

Local Sponsors: ND Parks and Recreation, USFW Service, Rocky Mt Elk Foundation, Dakota Tackle, Cabela's

Mark Your Calendar!

FRIDAY, AUGUST 11

9-11 am	Registration
11 am	Welcome/Overview
11:30 am	Lunch
1:00-4:30 pm	Session I
	Intro to Firearms
	Nav. the Great
	Outdoors
	Canoeing
	Beg. Bow Hunting
	Edible Wild Plants
	Intro to Bow
	Intro to Fly Fishing
	Birds And Their Nests
	Decoy Carving
5 pm	Social time
6 pm	Dinner
7 pm	Free Time/Campfire

SUNDAY, AUGUST 13

7 am	Breakfast
8:30 am-12 n.	Session IV
	Advanced
	Canoeing
	Butterflies &
	Dragonflies
	Bucks, Does, Bulls &
	Cows
	Photography
	GPS Adventure
	Duck, Duck, Goose
	Plant ID
12 n.	Lunch & Closing

SATURDAY, AUGUST 12

7 am	Breakfast
8:30 am-12 n.	Session II
	Basic Shotgunning
	Basics of Birding
	GPS Adventure
	Hook, Line & Sinker
	Decoy Carving
	Canoeing
	Furry Critters
	Advanced Fly Fishing
12 n.	Lunch
1-4:30 pm	Session III
	How To S**t In the
	Woods
	Bog Slogging
	Predator Calling
	Intro to Rifles
	Kayaking
	Advanced Archery
	Advanced Fishing
	Advanced Fly Fishing
	Social Time
	Dinner
5 pm	Evening Program
6 pm	
7:30 pm	

INTRO TO FIREARMS – The course will cover the basic types of firearms, the basics of firearm safety, and an introduction to selecting and purchasing firearms. The course will not include any actual shooting, but will be a prerequisite for anyone who has not had hunter safety or significant shooting experience and wishes to register for the shooting courses.

NAVIGATING THE GREAT OUTDOORS – The compass is an amazing tool, but only if you know how to use it. This basic map and compass course will familiarize you with compass types, parts of a compass, reading a map, finding a bearing. The course will give you the confidence when using both a map and compass. Class includes hands-on map and compass activities with a map and compass course.

HOOK, LINE, SINKER – This course will cover equipment, skills and regulations pertaining to lake fishing in this region. Participants will learn fish identification and habitat, lures and knot tying, casting and trolling techniques, and how to handle live baits and hooked fish. Class time includes shore fishing.

ADVANCED FISHING – Participants will put their skills to work on the water. This class will be fishing from a pontoon. Some knowledge of fishing required or completion of a basic fishing course.

BOG SLOGGING – Students will have the opportunity to learn about the plants and small animals that inhabit wetlands, explore wetland habitats first hand and find out why wetlands are useful. Be prepared to get wet and slog in the bog.

BASICS OF BIRDING – Owls vs Dicky birds? How birds are different, bird songs, plumages. Walk in the woods, looking and listening for birds in their habitat. Participants will also learn the basics of how to use binoculars.

PLANT ID – Students will become familiar with a variety of North Dakota plants, including trees and wildflowers. Identification of trees, mushrooms, fungi, fruits and shrubs. These skills will help make your outdoor experiences even more enjoyable and complete.

BASIC SHOTGUNNING – Students will learn how to judge distances, pattern shotguns, learn basic shooting techniques, and will actually shoot at clay targets. **Intro to Firearms**, hunter education, or significant firearm experience is required as a pre-requisite. Shotguns will be provided or bring your own if you prefer.

CANOEING – Students will learn the basics of safety, equipment, and tandem paddling, and portage canoes to the lake. Then a trip out on the lake to practice your skills.

ADVANCED CANOEING – For participants who have completed basic canoeing. Practice more maneuvers like swamping a canoe, learning how to pack for a canoe trip, portage over land, and more.

INTRO TO FLY FISHING – Participants will learn the basics of fly fishing, differences in rod weight and length, types of fly-line and how to fly cast. Practice casting and getting the feel of the rod.

ADVANCED FLY FISHING (All day Saturday) – Session will include lessons on fly tying, knot tying, putting the system together, advanced casting, fishing techniques. Participants will put on a pair of waders or try out a float tube and put their skills to work. Must have completed **Intro to Fly Fishing** or taken the class before to qualify.

DECOY CARVING – Turn a piece of wood into “a work of art”. Class will feature carving a shorebird decoy or a decorative songbird. Carving knives and materials are provided.

OUTDOOR PHOTOGRAPHY – Capturing wildlife on film, landscapes and close-ups. Students should be familiar with how to use their camera and lenses. The class will be putting skills into action.

PREDATOR CALLING – Experience the thrill of predator hunting by imitating the predator's prey. Learn the tools of the trade, calling strategies and predator behavior. You'll also come to appreciate this animal for all his natural perfection – the most perfect of predators.

EDIBLE WILD PLANTS – Students should plan to experience a taste of the edible wild including berries, fruits, nuts, weeds & other plants. Learn how early pioneers and Native Americans survived in the wild and how your own backyard can provide modern day gourmet delights.

BIRDS AND THEIR NESTS – Learn the basics about birds and the habitat they need to nest successfully. Participants will learn where birds nest, building and structure of nests, and learn about the variety of eggs birds produce. Be prepared to take a walk and put your new knowledge to work. Put your hands to work building a home for the birds in your backyard.

INTRO TO BOW – Participants will learn how to select bows, arrows and other archery equipment with an emphasis on use of the bow for hunting. There will be a range set up to try out your skills.

ADVANCED ARCHERY – This is an opportunity for women to take their archery skills to the next level. After a brief refresher course on basic archery skills we will head out through the woods to test your skills. Test your accuracy when shooting on the ground or from a tree stand and learn tracking techniques to use after making a successful shot. Come take the challenge while enjoying the outdoors.

BEGINNING BOW HUNTING – At the completion of this course, women who have experience in archery or who have taken **Intro to BOW** and **Advanced Archery** should have the knowledge and confidence to begin hunting with a bow. This course includes classroom discussion and in-field demonstration but does not include any target shooting. Field demonstrations including tree stand location, scouting, patterning deer movements, deer sign, selecting a tree, installation of tree stands and tracking an animal after a shot.

GPS ADVENTURE – (Global Positioning System) offers hikers, bikers, and other sportswomen the freedom and the power to get off the beaten path. All with the peace of mind knowing that home is just a few keystrokes away. The course is designed to introduce you to the basic GPS navigation, and covers topics ranging from how GPS works, marking your favorite spots, going to a position, and routes.

FURRY CRITTERS (Track, Scat and Sign) – Learn how to read wildlife tracks and sign and techniques. Observe some of the more elusive wildlife species as they go about their lives. Participants will learn how to make track casts. Be prepared to hike and look for wildlife.

DUCK, DUCK, GOOSE – Students will have hands-on identification of ducks and geese in a classroom setting, finishing off the class with a field trip to view waterfowl in their natural environment.

BUTTERFLIES AND DRAGONFLIES – Hairstreak or Checkerspot...which one was it that was stuck to your car grill? Learn about the beautiful butterflies and dragonflies of North Dakota in the classroom. Then put on your running shoes and let's go catch 'em!

INTRO TO RIFLES – Learn the basics of rifles and shooting. Learn to sight in a scope, the different types of scopes, bullets, stances, calibers and what they mean and best of all, spend as much time as you want actually shooting a variety of rifles. Also learn range etiquette and safety.

BUCKS, DOES, BULLS, & COWS – Learn about ND's biggest critters – white-tailed deer, mule deer, elk, bighorn sheep, pronghorn and moose. Why do they do what they do, live where they live and eat what they eat? Learn tips about how to hunt them or photograph them, which often apply the same techniques. Learn how to dress for being in the field and the basics of big game hunting. Get an 'up-close and personal' look at some of the state's majestic big game and take a hike to look for tracks. Lots of hands-on learning.

HOW TO ST IN THE WOODS/LEAVE NO TRACE CAMPING** – One-half class period will be dedicated to how to camp and pack in the backcountry, be safe, and develop a healthy wilderness ethic while practicing "Leave-No-Trace" principles. One-half class period will be dedicated to how to build a shelter, how to make fire, fears and phobias, etc.

KAYAKING – Learn the basics of entering and exiting a kayak, strokes, and safety practices. Dress appropriately, staying dry is not an option!

Registration Form:



Only one person may register per form. Please photocopy both sides for additional registrations. Make checks payable (\$120) to Becoming an Outdoors-Woman. Enrollment limited to first 100 registrants. *(No registrations will be accepted by telephone.)*

Name _____

ph. (____) _____ (H) (____) _____ (C) _____

Address _____

City _____ State _____ Zip _____

T-Shirt Size: SM _____ MED _____ LG _____ XL _____ XXL _____

**Bring a new participant
and receive
\$10.00 off your registration!**

Scholarships—A limited amount of funds are available for partial scholarships. You would be required to pay \$70. Please send your written request for a scholarship along with a check and registration materials to the address on the registration form. Preference will be given to full-time students and persons from single-parent households.

Concurrent Sessions – Indicate first, second and third choice for each session:

Session I

Friday, August 11, 1:00-4:30pm

- ___ 1. INTRO TO FIREARMS
- ___ 2. NAV. THE OUTDOORS
- ___ 3. CANOEING
- ___ 4. BEG. BOW HUNTING
- ___ 5. EDIBLE WILD PLANTS
- ___ 6. INTRO TO BOW
- ___ 7. BIRDS & THEIR NESTS
- ___ 8. INTRO TO FLY FISHING

Session III

Saturday, August 12 1-4:30pm

- ___ 1. HOW TO S**T IN THE WOODS
- ___ 2. BOG SLOGGING
- ___ 3. PREDATOR CALLING
- ___ 4. INTRO TO RIFLES
- ___ 5. KAYAKING
- ___ 6. ADVANCED FISHING
- ___ 7. ADVANCED ARCHERY
- ___ 8. ADVANCED FLY FISHING

(all day class)

Session II

Saturday, August 12 8:30-12 noon

- ___ 1. BASIC SHOTGUNNING
- ___ 2. BASICS OF BIRDING
- ___ 3. GPS ADVENTURE
- ___ 4. HOOK, LINE & SINKER
- ___ 5. DECOY CARVING
- ___ 6. CANOEING
- ___ 7. FURRY CRITTERS
- ___ 8. ADVANCED FLY FISHING

(all day class)

Session IV

Sunday, August 13th 8:30-noon

- ___ 1. ADVANCED CANOEING
- ___ 2. BUTTERFLIES & DRAGONFLIES
- ___ 3. BUCKS, DOES, BULLS & COWS
- ___ 4. PHOTOGRAPHY
- ___ 5. GPS ADVENTURE
- ___ 6. DUCK, DUCK, GOOSE
- ___ 7. PLANT ID

(Continued on reverse side)

For Our Information:

Your Health Card # _____

Who should we notify if there is an emergency involving you?

Relationship _____

Phone number of that person on August 11, 2006 _____

If you have any medical condition, allergies, food requirements, etc., please explain:

Any medications:

I am a medical doctor or nurse and am willing to assist if a medical emergency arises:

Yes _____

Waiver and Release Form

All participants must sign this release. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury or illness during this activity. I acknowledge there are risks of physical injury to Becoming and Outdoors-Woman participants and I agree to assume the full risk or any injuries, damages or loss, regardless of severity, which I may sustain as a result of participating in activities connected or associated with this program. I waive and relinquish all claims that I, my insurer or my family may have against Becoming an Outdoors-Woman and its officers, agents, servants and employees from claims from injuries, damages, or loss which I may have or which accrue to me an account of my participation in the above program.

Signature _____ Date _____



*Outdoors-
Woman*

Please return this form to:
North Dakota Game & Fish Department
ATTN: Nancy Boldt
100 N. Bismarck Expressway
Bismarck, ND 58501
Phone: (701) 328-6312

(Detach and return)

WORKSHOP FEE of \$120 includes instructions in all sessions, program materials, use of equipment, all meals and lodging.

CANCELLATION DEADLINE is July 1. If you cancel before July 1, you will receive a full refund. After that date, a \$25 processing fee will be deducted from your refund. Registrants who do not attend and who do not cancel will be assessed the full program fee. You may send a substitute.

LODGING will be in dorms. Bath facilities are located nearby. Participants must provide their own bedding and towels. Buildings are smoke-free and alcohol is prohibited at the facility. All camp facilities are handicap accessible. Campsites available at an extra charge through the park.

UPON RECEIPT of your registration and payment, you will be sent a confirmation with a map of Lake Metigoshe State Park and a list of appropriate clothing. All course equipment will be provided by the instructors unless otherwise noted in course description.

The NDGFD receives Federal financial assistance from the US Fish and Wildlife Service. In accordance with Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, Title II of the Americans with Disabilities Act of 1990, the Age Discrimination Act of 1975, and Title IX of the Education Amendments of 1972, the NDGFD joins the US Department of the Interior and its Bureaus in prohibiting discrimination on the basis of race, color, national origin, age, disability, sex (in education programs or activities) and also religion for the NDGFD. If you believe you have been discriminated against in any program, activity, or facility as described above, or you desire further information, please write to: ND Game and Fish Department, Attn: Chief Administrative Services, 100 N. Bismarck Expressway, Bismarck, ND 58501-5095 or to: US Fish and Wildlife Service, Attn: Civil Rights Coordinator, 4401 N. Fairfax Drive, Mail Stop: MBSP- 4020, Arlington, Virginia 22203. The TTY/TTD (Relay ND) number for the hearing or speech impaired is 1-800-366-6888.



Becoming an Outdoors-Woman
North Dakota Game and Fish Department
Attn: Nancy Boldt
100 North Bismarck Expressway
Bismarck, ND 58501

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